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DIRECTIONS

JUN 30 1950 FOR THE

PRESERVATION OF THE TEETH,

AND KEEPING THE

*Mouth in a Healthy Condition.*

BY M. Y. SIMMONS,

SURGEON DENTIST,

Office, 146 Westminster Street, Providence, R. I.

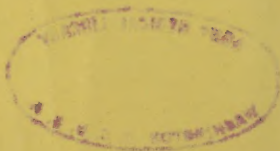
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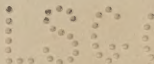
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## PREFACE.

THE AUTHOR having, for many years had an extensive practice in Dentistry has long been convinced that his patients, and others needed reliable directions for the preservation of the teeth, and likewise for that care of the mouth which is demanded for its neat and healthy condition. To be of further service to the one, and with a desire to serve the other class, he has devoted much thought and care in the preparation of the ensuing pages, fully believing, if his readers will faithfully follow his instructions, they will not only save themselves much pain, but likewise be more replenished in purse, and have more beauty and cleanliness on that part of the body which often is first to impress the beholder.



# REMARKS ON THE TEETH.

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## INTRODUCTION.

The mouth is an important part of the human body. In it are the organs of taste and of primary mastication. Decayed Teeth and health are never companions for any long period of time.

Not only are the teeth absolutely essential to the proper mastication of food, but in giving beauty to the countenance, and distinctness, volume and power to the voice. Every individual, therefore, who regards comeliness as an advantage, and distinct utterance as an accomplishment, will be diligent and prompt in the use of all means needful for the healthy condition of the teeth. Whenever these organs, by neglect or disease, have decayed and been lost, every one appreciating their inestimable value will lose no time in having their place supplied.

In these modern days, where enterprise is everywhere visible, science has felt its power and art has shown itself in manifold forms.

Tyson  
24 May '45

In no department of labor are the blessings of both science and art more conspicuous than in *Dentistry*. Now, artificial teeth are inserted in many a mouth, which, in symmetry and beauty, far transcend those given by nature. Teeth of this description are the product of scientific and skillful Dentists. This class is not large, but comparatively small. Many profess competency and skill in the Dental profession, but few by their practice and their patients are *diplomated* and acknowledged as really qualified for the responsible position. To reach this position is no easy task. Study and labor and long practice only place an individual therein. Had not the author of the following sections had large experience and practice in his profession, and received from his many patrons the most hearty expressions of their satisfaction and gratitude, he would refrain from the task now assumed, of giving instruction on the treatment of the teeth. From many a mouth, in which are teeth which he inserted, will come expressions *radiant* with perfect satisfaction, in reply to any inquiries as to his skill and competency. He exhibits his works as *they* are largely running; and they proclaim his fitness. He sincerely hopes careful perusal and faithful practice of what

follows in these pages will be of great benefit to all who thus read and practice.

## FIRST DENTITION.

The period of first dentition, or eruption of the primary teeth, is so consequent of constitution and health, as precludes the practicability of any definite instruction or advice.

Infants sometimes have teeth at birth. Instances of such possession, however, are very unfrequent. The central incisors ordinarily appear, but rarely at the age of three months, often at six, and not unfrequently at a much later period. The temporary teeth are thus classified: first, the incisors; second, the cuspidati; and third, the molars. These teeth are twenty in number, each jaw, containing ten. In the first dentition there is often much irritation and pain, which in most cases, can be quickly relieved by Dentist or Physician, through the process of scarification. Such relief the kind and tender parent will ever seek not only for the promotion of the comfort of the child, but for deliverance from an untimely grave, now filled by many an infant in consequence of neglect or delay in seeking the necessary aid. When there is much enlargement and inflammation

in consequence of the attempts of the little teeth to protrude, let nature have a little aid from art, and the result will be every way for good.

## SECOND DENTITION.

This period in the life of the child is replete with interest. The gradual absorption of the roots of the primary or temporary, and the quick growth of the permanent teeth, is a phenomenon every way exciting to the curious and inquisitive mind, fond of the study of the human body, which is both fearfully and wonderfully made. Whilst this period is being passed, the child is in a critical condition,—so critical, that skillful care and interposition will only save from consequences the most afflictive and painful. At commencement of this period, the diet of children is mostly light, consisting of vegetables and bread. Very little use of the teeth is needed for mastication, but as age increases, and this period is more advanced, heartier food is demanded, and thus a necessity created for firmer teeth for needful and healthy mastication, which our benevolent God provides in those which are permanent. So wise and beautiful is the eruption of these, that even before



temporary teeth give warning that they will soon disappear, a tooth on each side of the maxilla makes its appearance, to show that others of a like permanent character are soon to be their companions.

The permanent teeth, with the exception of the *bicuspid*s in size, are in advance of the temporary. The number of these is, usually, thirty-two. Cases, however, have been reported in Anatomical Journals, where permanent teeth have succeeded each other even to the fourth set; but the phenomenon of even a third, is very seldom seen. Sometimes in the permanent teeth, those called "*Wisdom*" are peculiarly in need of dental care and those experiencing trouble or pain from them, should at once, seek this care from the most skillful in the profession.

### IRREGULARITY OF THE TEETH.

The teeth, as they appear in the child, bear close affinity to other parts of the human body. Sometimes the human body is unseemly, but most generally all its members are most beautiful for their perfect symmetry and gracefulness. The teeth, as they come forward in the child, do so with general uniformity and order, and are in their appropri-

ate position. When they are irregular, the instance is a rare exception to the general order.

The primary molars, being the first of the permanent set, the ten anterior teeth are necessarily restricted to that part of the arch assigned to the first set. If, in consequence of their breadth, there is not room for their admission, irregularity is certain to follow.

The treatment by the Dentist of this irregularity must be governed by the indications of nature. When the irregularity is great, complicated and perplexing, a large amount of skill in the operator is demanded, and likewise a large amount of fortitude on the part of the patient is indispensable, that there may be the necessary perseverance in submission to the means employed for the correction of the irregularity.

Every irregularity in the teeth should be seasonably corrected. The eighteenth year should never come before the crooked should be made straight, and the rough smooth. Beyond this age, there have been instances of regularity being given to the teeth by the skillful Dentist, but these instances are unfrequent.

## THE PULP OR NERVE OF TEETH.

The pulp or nerve is an exquisitely sensitive, highly vascular substance, in color resembling the roan or red grey. When exposed by a cavity in the tooth, by reason of its excessive tenderness and delicacy, inflammation and most acute pain are at once produced.

There are two main nerves, called Superior and Inferior Dental, which run through the body of each jaw, and from which branches or twigs proceed, one of which enters each tooth. Many individuals have suffered great pain in a sound tooth, and have been unable to satisfy themselves as to the cause. It is here explained as being produced by one of the *twigs* of a decayed tooth remote from the seat of pain.

## THE TOOTHACHE.

Those afflicted with this suffering express themselves variously, yet nearly all at length adopt the same description of their sensation, and call their pain, "*the horrid toothache.*" When it comes to the horrid, it is easy to go to the Dentist.

This excruciating torture is commonly pro-

duced by irritation or inflammation of the pulp or nerve of the tooth. The pain is sometimes periodical and of short duration at other times it is prolonged, dull, deep-seated, throbbing, or lancinating. Sometimes the pain is restricted to an individual tooth, at other times it affects several teeth; and at other periods it extends through one side of the face, affecting most severely the entire head.

When the nerve alone occasions the pain the remedy is often simple and easy of application. A small lock of cotton immersed in Creosote, or Camphor and Morphine, or Pargoric, or Oils of Cloves or Cinnamon, and put into the cavity and about the aching member, will usually impart almost instant relief. When there is ulceration, a more powerful remedy becomes imperative. It may be known when toothache is caused by acute inflammation of the investing membrane, because this pain is attended first by dulness of sensation and next by throbbing soreness and tumefaction of the gums, and sometimes by the swelling of the cheek, indicating the formation of an alveola abscess. At this crisis the course is plain. The remedy is only in the hands of the well-practiced dentist and the sooner applied the quicker the relief.

## DECAY OF TEETH, AND THE CAUSE.

The causes of decay in teeth are many. Some of those which are prominent and principal will be mentioned. The first and most common is *hereditary* or *constitutional*. When consulted by a young person who has teeth largely decayed, in reply to my inquiries, I find, in a majority of cases, that either one or both of the parents were in the same condition of the child.

Another cause of decay in teeth is in neglect of their cleanliness. While eating, particles of food will find their way into the crevices of the teeth, which soon become acid, and corrode the enamel, and will soon be visible in an opaque or dark speck. This decay sometimes shows itself in a dark-brown or black or whitish color, which first appears on the outer surface of the dentine, and penetrates towards the centre of the tooth, and from thence quickly to the nerve, when the alarm is given by excessive pain.

A third cause of decay in teeth is in the use of extremely hot and cold drinks. Those which are hot work decay in one way, and those which are extremely cold in another.

A fourth cause is in the use of improper

preparations for cleansing the teeth, and likewise of improper tooth picks.

Some teeth are so beautifully organized that decay is unknown to them; whilst others are so soft and carious, that by neglect they are lost in early life.

Persons having an hereditary or constitutional tendency to decayed teeth, can be essentially aided in their preservation by frequent consultation with those who make dentistry their constant study, and whose knowledge and experience qualify them to advise. The most eminent in the profession should by such individuals be sought.

### TIC DOULOUREUX.

This disease has received in modern times the name of Neuralgia. Its pains are often excruciating in the extreme. Individuals suffering from it have often expressed to the author of these pages, that in all their pains, none in severity and acuteness were like what were experienced when they were the victims of Neuralgia. The nervous system is sometimes completely prostrated by the disease. Though various remedies are used, yet they all at times are unavailing, and relief has not come until all the decayed teeth were

removed. Individuals afflicted with the malady, to save themselves prolonged pain, should early submit their teeth to the examination of the discriminating and skillful dentist, who will give the necessary advice and recommendation of the course to be pursued. Drink water, that has passed through lead pipes, may poison the blood, and produce the most malignant form of Neuralgia.

### FILLING TEETH.

No department of the profession is more difficult or decisive of the skill of the dentist than this necessary and important operation. It is one thing to insert gold in the tooth, and quite another thing technically to fill it and have the operation a decisive and enduring benefit. In no branch of the profession is there the opportunity for deceit and wrong as here. Individuals having occasion for this service should be very careful never to entrust themselves to any other operator than one whose skill has been tested by repeated trial. Many a tooth which might have endured for years with skillful filling, has been quickly lost, in consequence of the operation being performed by an inexperienced, or ignorant, or careless, or indifferent operator. A suc-

cessful operator, one whose works prove a real benefit to the teeth, and which command the respect and gratitude of his patients, becomes such only after years of patient study and experiment and practice. So very difficult is it to succeed in this department, and be acknowledged as expert and reliable, that but few attain to this eminence *Thoroughness* must characterize the operation, or the tooth had better have been left untouched. The cavity of every tooth to be filled has to be treated with skill before the gold is introduced, and then the packing is to be skillfully performed, that all moisture and air may be excluded. A tooth scientifically and properly filled, not only ceases to become painful, but continues for years doing all the service of one that is sound. We advise our patients not to defer the operation of filling till admonished by pain of the necessity of care. The operation at incipient decay, prior to any painful sensation, is uniformly advised, as the tooth then is stronger and more likely to be enduring.

Every one valuing the preservation of teeth, should select a competent and skillful dentist, and submit to a careful examination two or three times annually. In this way his careful and practised eye will quickly detect



any germ of decay, and his ready and skillful hand apply at once the appropriate remedy. The old adage, "an ounce of preventive is worth a pound of cure," will thus be confirmed, and the patient be saved the endurance of pain and expenditure of money.

A variety of substances have been employed in filling the teeth, but having tested them all with great care, we are decidedly of the opinion that gold is the best material yet discovered.

### DESTRUCTION OF THE NERVE.

The nerve of the tooth, as before expressed is exceedingly tender, and when slightly diseased or exposed, easy of irritation and painfully sensitive. It can, in most cases, be destroyed without pain by the use of Creosote and Arsenious acid. This should be used with great caution.

The most effectual, safest, and generally economical course is to consult a competent dentist.

### THE USE OF ANÆSTHETICS IN THE EXTRACTION OF TEETH.

The employment of proper Anæsthetics by a competent and learned dentist, while concealing from the unfortunate individual re-

quiring the extraction of teeth, knowledge of the pain attending it, is without injury to the constitution and health. Improper Anæsthetics are very injurious; and even those which are proper, when injudiciously applied are harmful. Wisdom, therefore, strongly admonishes such as desire to be insensible to suffering when submitting to the extraction of teeth to place themselves in the hands of a dentist of established skill and eminence, who will so administer Anæsthetics that all consciousness of pain will be lost, the operation scientifically be performed, and every injurious effect be avoided.

*Sulphuric Ether, Chloroform and Nitrous Oxide Gas*, are the Chief Anæsthetics employed for overcoming the pain in the extraction of teeth, or when any dental or surgical operations are performed. Ether and Chloroform should be administered after long abstinence from food, and never on a repleted stomach, as their effects is to produce nausea. With *Nitrous Oxide* the effect is otherwise. The administration does not effect the stomach in the least, and besides creates a pleasant and agreeable sensation. In my own practice, I administer either of the Anæsthetics specified, and always with great prudence and care, and at the same time to the satisfaction of my patients.

## EXTRACTING TEETH.

Much medicine prescribed by the faithful physician is exceedingly loathsome to the patient, and frequently is long deferred after the ordered hour has passed, so dreaded is the nauseating dose. So with the individual having a decayed or aching tooth, there is a dread when thinking of the only remedy, and often delay in the application of the same. Notwithstanding all this, health and quiet both to self and others sternly demand immediate extraction. Whenever teeth are so decayed as to be unfit for filling, every consideration urges their immediate extraction.

## CLEANSING AND POLISHING THE TEETH.

Many individuals are entirely neglectful of their teeth, and the consequence of their neglect is the collection in and about them of what mars their beauty and works their destruction, and may occasion entire physical prostration. The many evils of this neglect should ever be admonitory of attention and proper care.

The gums sometimes become spongy and ulcerated. When such is the the case, there

should be no delay in seeking a remedy. The cause of such affliction should be removed at once. All dead and loose teeth should know the power of the dentist's instrument, that mechanical irritation may be subdued. The other teeth should be freed from all *tartar* or decomposition, or other irritating foreign matter. In the removal of the tartar, great care should be practised to avoid injuring the enamel of the teeth. Many teeth have thus been destroyed by ignorant or careless dentists. When this compound is suffered to collect without hindrance, an inflammation ensues, which is succeeded by the suppuration of the gums and alveola process, which cause the teeth to loosen and then to fall from their position, besides giving a most fetid odor to the breath, which engenders disease.

It will hence be apparent that no small importance is connected with the cleansing of the teeth, and of having them polished after the likeness of nature.

The following prescription may be of service, when the gums are in a state of inflammation :

Tincture of Myrrh.....	1 ounce.
“ “ Peruvian bark “ “	
“ “ Kino.....	“ “

## BRUSHING THE TEETH.

What a little thing this is, and yet how very important. Important to appearance, to health, and to teeth preservation. Were this duty promptly performed, the necessity for a common demand on the skill of the dentist, detailed in the preceding section, would in a great measure cease. We hope all our patients, and indeed every one, will attend to this matter, and especially young ladies, who would avoid having the purpose of a young gentleman to propose, who, at a distance, has been smitten, changed on a near approach and the discovery of teeth unbrushed and foul—the fearful index of inattention elsewhere, all needful to make an attractive and happy home.

Give good attention to your teeth, and then the inspiration will be,

“ Her mouth, as she smiles is clear  
As morning roses, newly washed with dew.”

To all young ladies who would not repel, and indeed to every one, we would earnestly say, teeth should be introduced to the brush two or three times every day, and on the brush two or three times each week should be placed some nice tooth powder and soap.

Do not start at soap, delicate one ! Something enters its composition greatly needed at times in the mouth where the teeth are imbedded. Microscopic examination, frequently made, have revealed the fact, that on the gums exist an infecting power, Parasites or animals of Parasitical habits, to whose destruction soap is sure.

### TOOTH POWDERS.

There are various kinds of such powder in the market. Some are beneficial, and some most baneful. Care should be exercised that none be used containing acids or other noxious chemicals that are injurious to the teeth. The right kind, when applied, as before directed, with a brush or splinter of soft pine or small piece of cotton flannel, leave the teeth white and glistening.

As some of the tooth powder is most deleterious to the teeth—the writer having known many entire sets entirely destroyed by such—he urges all to seek the aid of an experienced dentist in selecting the kind to prove beneficial.

### TOOTH PICKS.

Once more of a little thing, and that a tooth pick. A bunch of quills furnish the

material for the manufacture of scores of the necessary and useful article, which when used, leave relief behind and never what is ill. How many when the crevice in the teeth is filled, catch up a pin, or pull out the knife to excavate; or, if at the table, they will use the fork to show both their ill manners and their folly. Good teeth soon lose their goodness when dug into or between by pins, needles, penknives, or table forks. Let all such be avoided. Use the quill, or pass a small thread between the teeth, and be certain thus clear and keep the teeth clean, and the dentist will be none the richer for this advice. If this be disregarded, you pay both in pain and money for the neglect.

## ARTIFICIAL TEETH.

The loss of one of Nature's permanent teeth is accounted a great calamity, and when all decay and are gone, the calamity is magnified a thousand fold. The beauty of the countenance is marred, the pleasantness of the expression is changed, the power of articulation is diminished, and the functions of mastication are greatly injured, and consequently the way is opened for the entrance of disease to the entire system.

In the light of those evils of the loss of teeth, the blessings of that dentistry which fashions other teeth to the resemblance of nature, and inserts them on the old foundations with equal readiness to perform all the functions of natural teeth, can well be appreciated. **THIS GREAT WORK IS DONE!** From one tooth to an entire set can be inserted.

When an individual has decided on the procurement of a substitute of what has been lost, the care and concern should be to select a dentist competent to the responsible and very important task. Not every one who advertises as a dentist is thus competent. Many are ignorant of the very first principles of the profession, as is too often established by the statements of those who have been their victims, and the exhibition of their work. Such have often told of the great pain they have experienced in wearing the teeth inserted by incompetent hands, and recounted troubles of various kinds endured, which were clearly traceable to the malpractice to which they had been subjected. We say, then, most decidedly to all who are seeking the supply of Nature's loss, be content to remain as you are till you are satisfied you have found a dentist who can and will supply you with teeth which will restore to you



the beauty and pleasantness of expression which departed when your teeth were gone, and likewise be of somewhat equal service in the work of mastication.

The manner of the insertion of artificial teeth is various. Gold, vulcanized rubber, platina, and silver, and other materials, are employed.

Teeth may be set on the root of a natural tooth by a pivot.

When the insertion is made by atmospheric pressure, time is needful to give them ease, though some mouths are more susceptible than others. Individuals having teeth thus inserted are to remember that patience and preservance must be maintained for a season, to be at length rewarded with the feeling that their artificial teeth answer all the purposes of those whose place is thus supplied.

## THE EFFECT OF THE TEETH ON PERSONAL APPEARANCE.

A speck of dirt on a flowing garment, or a rent or other mark of accident or neglect thereon, ever has an effect on the beholder. If this is true, and who can safely demur, how

much greater the effect of a stain on that about the individual, incapable of being put on and off like a garment, which is permanent and exposed when eating, speaking, laughing or singing. Who can deny that a wonderful influence is produced by the teeth either for benefit or injury. The condition of the teeth, to very many minds, is an index of character. The young scholar, merchant, lawyer, clergyman, or physician, being sufficiently established in business to provide for a long cherished object of his heart,—an attractive and happy home,—has thought with favor on some fair one absolutely needful to the creation of this home, but the near approach, revealing teeth, some gone, some going, and those which were sound greatly discolored, has involuntarily started back, instinctively feeling, that the neglect entering such a mouth might blight elsewhere to rob wedded life of its greatest bliss. When thinking of her afterwards, how frequent the exclamation:

“What pity, blooming girl,  
That lips so ready for a lover,  
Should not beneath their ruby casket cover  
One tooth of pearl.  
How great thy loss,  
How great my own—

There's nothing but dross,  
That prevents my home.  
Like a rose beside the church-yard stone,  
She is doomed to blush o'er many a mouldering  
bone."

The young lady, too, intelligent, capable and fair, has met at lecture, or lyceum, or church, with a gentleman, whose appearance and conduct gave indications of a heart strongly attracted to her own, and yet the attraction was not reciprocated, because the gentleman's teeth interrupted.

In times of great antiquity, the condition of the teeth attracted attention. The Hebrews evidently were high in their appreciation of those which were regular, white, and glistening. When Jacob blessed Judah (Gen. 49 : 12,) he said, "His teeth shall be white with milk;" and Solomon compares a beautiful set of teeth to a flock of sheep that shone with beauty. So we see the influence which the teeth exercise over beauty, justly merits the pre-eminence attributed to them over all other things.

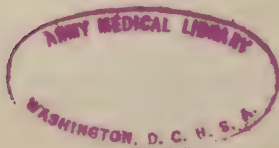
## ENGAGEMENTS WITH THE DENTIST

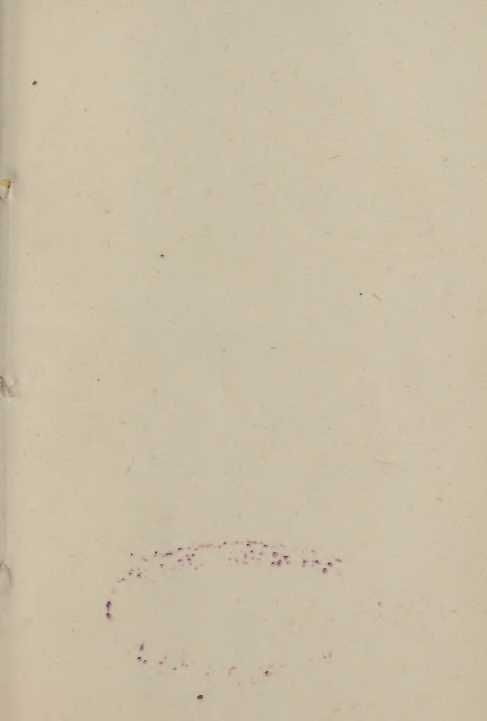
Be sure to fulfill these. His time is his money. He makes *his* engagements so as to meet them promptly. The one he makes

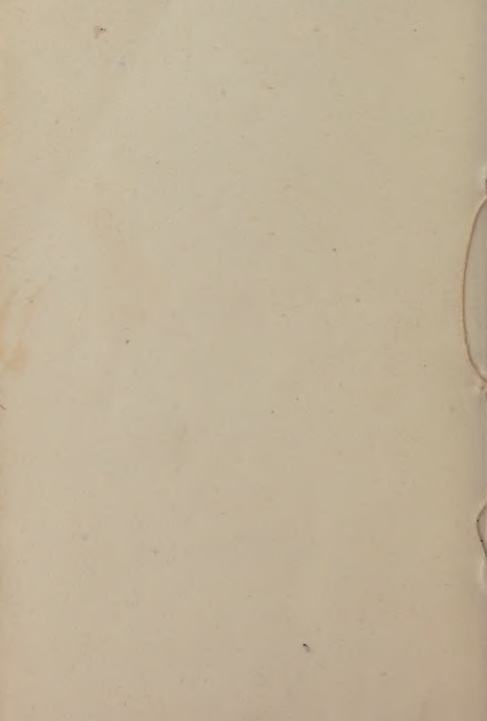
with you is at a specified period. He will reserve this for you, suffering no other individual to occupy it. If it passes, and you are not punctual, he loses, and you either lose by waiting, or subject another patient to delay and discomfort. It is, therefore, of the highest importance, that all engagements with the dentist be sacredly regarded, and promptly fulfilled.

### CONCLUSION.

As the foregoing suggestions are read—and we hope they will be by thousands—our earnest desire is that they may be most faithfully pondered and carefully practised. Advantage, every way would follow advantage, to appearance, health and purse, three important considerations.











DR. SIMMONS's Office is at No. 146 Westminster Street, where he is prepared to perform all necessary operations on the teeth, in the most thorough and skillful manner. Particular attention given to administering Nitrous Oxide Gas, Sulphuric Ether, &c.

